











Dear Parents and Caregivers,

Just as you do, we want to help your children get and stay healthy. We know that sometimes getting kids to eat their veggies and fruits may be a challenge. In our school cafeteria, we offer at least one serving of fruit or juice at breakfast and two servings of fruits and/or vegetables at lunch daily. If you want to help your child have access to healthy foods, eat at school. Here are some more tips to help you at home.

-  Kids learn by watching. Set a good example by eating fruits and vegetables with meals and as snacks.
-  Kids learn by doing. Depending on their age, children can help clean, peel, and/or cut up fruits and vegetables.
-  Do you like choices? So do kids! Offer a choice of fruits for lunch or let kids decide on the dinner vegetables or what goes into salads. While shopping, allow children to pick out a new fruit or vegetable to try later at home.
-  Don't mix it up; children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.
-  Play with your food! Make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth. Decorate plates or serving dishes with fruit slices.
-  Make fruits and vegetables the easy choice. Keep a fruit bowl on the kitchen counter, table, or in the refrigerator.
-  Plan for snacks. Serve cut-up vegetables for afternoon snacks. Refrigerate cut-up fruit to store for later. To make fruits and vegetables really handy, place cut-up pieces in small plastic bags in the refrigerator so that your kids (and you!) will have foods handy when you're on the run.
-  Offer raisins or other dried fruits instead of candy.
-  Fruit kabobs made using pineapple chunks, bananas, grapes, and berries make fun snacks, desserts, or party foods.
-  Eating out? Choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice that are available in some restaurants – ask!

For more information on helping children choose healthy foods, visit

The National 5 A Day for Better Health website, www.5aday.org

The Dole 5 A Day website, www.dole5aday.com

The USDA Food Guide Pyramid site, www.mypyramid.gov

Your School Foodservice Team

This document and more information can be found at:

<http://www.dpi.state.nd.us/child/train/fvgalore.shtm>

